

Activities in your area – Aldridge, Walsall Wood, Streetly & Pheasey

We know that regular physical activity can reduce the risk of falls. The following list includes traditional exercise sessions as well as a selection of fun and friendly activities which you may like to try as an alternative. Whilst we try to keep this information as current as possible, groups do often change and we recommend that you make contact with your chosen group prior to attending. A small charge applies for most groups and activities.

Walsall Rambling Group

Saturday Walks fortnightly (up to 4 miles), Longer Sunday Walks weekly
Various Locations
Contact John on 0121 353 4102

Keep Dancing (Low impact dance in a range of world dance styles and musical eras)

Aldridge Parish Church Centre, Monday 11.45am-12.45pm
The Green, Aldridge, Walsall, WS9 8NH
07984 423 534

Anchorage 55+ Club Bowling

Daily, indoor winter & outdoor summer, Monday/Wednesday/Friday 1.00-4.00pm
The Anchorage, Leighswood Road, Aldridge, WS9 8AA
01922 451 599/ 01922 457 327

JP Line Dancing

Aldridge Community Centre, Tuesdays 9.15am – 3.15pm (stay for part or whole of session)
Anchor Meadow, Middlemore Lane, Aldridge, WS9 8AN
0121 308 5192

FL Exercise

Fitness League classes, Thursdays 10.00-11.45am
Anchor Meadow, Middlemore Lane, Aldridge, WS9 8AN
0121 355 2199

Anchor Meadow Bowls Club

Bowling Green, indoors during winter Mon/Fri 7pm, Tues/Sun 9.30am
Anchor Meadow, Middlemore Lane, Aldridge, WS9 8AN
01922 451 707

Manor Farm Social Indoor and Outdoor Bowling

Indoor: Manor Farm Community Association, King George Crescent, Walsall, WS4 1EG
Outdoor: Aldridge Community Centre, Middlemore Lane, Aldridge, WS9 8AN
Contact Ann Evans on 01922 614 316

Oak Park Active Living Centre, Coppice Road, Walsall Wood, WS9 9BH, 01922 652 266

- **Aquafit** – Monday 8-9pm, Tuesday 11.30am-12.15pm, Friday 11am-12noon
- **Hydro** – Monday 12.30-1.30pm, Tuesday 8.30-9.30pm, Wednesday 8-9am
- **Walking Netball** – Monday 1-2pm
- **Walking Football** – Monday 12noon-1pm, Monday 5-6pm, Tuesday 10-11am
- **Just Bowls** – Monday 9-10am, Friday 9-10am
- **50+ Exercise Class** – Wednesday 9.30-10.30am
- **Yoga** – Mon 8-9pm, Wed 10.45-11.45am/6.30-7.30pm, Fri 10.45-11.45am, Sat 8.15-9.15am

Collingwood Centre, Collingwood Drive, Pheasey, B43 7NF, 0121 360 1484

- **Stay Active Class** – Wednesday 2.15-3.30pm, Thursday 10.15-11.15am
- **Ballroom & Sequence Dancing** – Tuesday 1-3pm, Saturday 7.30pm (only some Saturdays – contact for details)
- **Lunch Club (Tea dancing, Line dancing, yoga & more)** – contact for times

Streetly Community Centre, Foley Road East, Streetly, B74 3HR, 0121 353 8630

- **Extend Exercise (Over 60s) & Coffee** – Thursday 2-3pm
- **Line Dancing** – Friday 7.30-10.30pm
- **Zig Zag Dance Factory (Ballroom)** – Sunday 5.15-9.15pm
- **Bowls, Badminton & Table Tennis (50+ club)** – Monday 1.40-3.40pm, Tuesday 9.30-11.50am
- **Ladies Badminton (50+ club)** – Wednesday 9-10am
- **Compact Tennis (50+ club)** – Friday 9-11am
- **Heart Care (Cardiac Rehabilitation Exercise)** – Tues/Thurs/Fri 8.30am-12.30pm
- **Yoga** – Wednesday 11.30am-1pm, Friday 9.15-10.15am
- **Afternoon Tea Dance** – Wednesday 1.30pm-4.30pm

Local Allotments – BGPW Association Local Management Association

- Contact Mr D Coxson on 0121 360 8445 or coxsond57y@aol.com
 - Beechtree Road, Walsall Wood, Walsall, WS9 9LS
 - Wimperis Way, Pheasey, Birmingham, B43 7DB

Active Steps Programme

Active Steps is a specialised exercise programme for people who have previously experienced a fall, are frightened or at risk of falling.

The programme will help you in being active and improve your confidence and independence. It aims to reduce your risk of falling, by using exercises that work your balance, strength, stamina, posture, mobility and co-ordination.

Contact Falls Prevention Physical Activity Team on 01922 658080 for more information

- Aldridge Central Community Association - Anchor Meadow, Middlemore Lane, WS9 8AN
 - Tuesday – 09.45-10.45am or 11.00am-12.00noon
 - Friday – 10.30-11.30am
- Oak Park Active Living Centre – Coppice Road, Walsall Wood, WS9 9BH
 - Thursday – 2.00pm-3.00pm

Walsall Walk On Weekly in conjunction with Walsall Sports & Leisure

Walk On Weekly runs a number of volunteer led health walks for walkers of all abilities throughout the borough. The full timetable is available from your Falls Prevention Advisor, or by contacting Walsall Sports & Leisure Services on 01922 658080.



The **Macmillan Feel Good Move More** service supports people living with and beyond cancer in Walsall to get and stay active at a level that is right for them. Please call the Macmillan Physical Activity Advisor on 01922 270453 for more information about local opportunities to be active or to book a consultation.